

# LEVEL 2: Plan-Do-Study-Act (PDSA)

PROJECT TITLE:

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PROJECT LEAD(S):

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PROJECT TEAM:

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START DATE

/ /

## Rapid PDSA Cycle

*For small tests of change that do not require additional resources.*

END DATE

/ /

**PLAN – develop a plan**

Empty box for PLAN phase.

**DO – implement the plan**

Empty box for DO phase.

**STUDY – analyze the data**

Empty box for STUDY phase.

**ACT – Assess: Adopt/Adapt/Abandon**

Empty box for ACT phase.

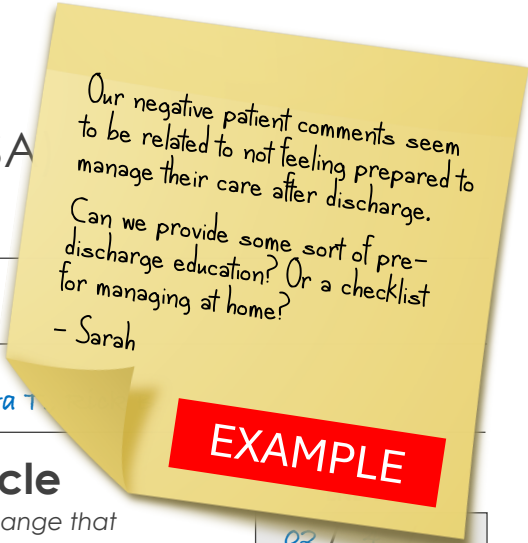
**SHARE PROGRESS UPDATES AT HUDDLE UNTIL COMPLETE**

# LEVEL 2: Plan-Do-Study-Act (PDSA)

PROJECT TITLE: *Patient self-management goal sheet*

PROJECT LEAD(S) (2 max): *Sarah H., Jose A.*

PROJECT TEAM: *Kristen M., Neelu V., Chris L., Cassandra T*



## START DATE

*1 / 29 / 24*

## Rapid PDSA Cycle

Use this form for small tests of change that do not require additional resources.

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### Plan – develop a plan

#### Getting Started:

1. What do we want to achieve? (objective)
2. What change will help us achieve it? (theory)
3. How will we know if we achieved it? (measure)

Objective: Implement a “Self-management Goal Sheet” to help patients prepare to manage their post-discharge care.

Theory: If patients feel more prepared to manage their care post-discharge, then they will feel more satisfied with their care.

Measure: Discharge question: “Do you feel more prepared?”; Inpatient patient satisfaction survey scores.

#### Implementation Plan:

4. What change are we going to try? (experiment)
5. What do we think will happen? (est. result)
6. Who will do what by when? (team/tasks/timeline)

Experiment: We plan to test a draft Goal Sheet for one week (Jan. 29-Feb. 4) on all patients in odd number rooms (est. 8 patients). All patients will be asked “How prepared do you feel for your self-care?” upon discharge (est. 16 total patients).

Est. Result: We think patients who receive the Goal Sheet will report feeling more prepared.

All team members: Commit to implementing Goal Sheet for all patients prior to discharge.

Sarah/Jose: Conduct exit interviews of all patients prior to discharge.

### Do – implement the plan (What did you observe?)

Observation: Patients who were provided the Goal Sheet reported feeling more prepared than those who did not.

Though we had positive patient results, the team felt it took too much time to walk through the questionnaire with the patients.

### Study – analyze the data (Did you reach your goal?)

Data: 8 of 8 patients who received the Goal Sheet reported feeling more prepared.

6 of 8 patients who did not receive the Goal Sheet reported feeling unprepared for self-care at home.

### Act – Assess the plan and Adopt, Adapt, or Abandon

Adopt – change worked, standardize/communicate  
Adapt – change the plan and implement again  
Abandon – didn't work, need a new theory/plan

Adapt: We're going to revise the Goal Sheet so that patients can complete it on their own, then re-test for 1-week to see if patients report feeling prepared, while saving staff time.

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